

## A Survey-Based Analysis of Integrating Artificial Intelligence in Ayurveda Practices

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This paper aims to discuss the possibility of incorporating AI to Ayurveda which is a natural health care system. Even though AI is capable of changing the course of healthcare, Ayurveda is not actively adapting new technologies. A field survey was administered to the Ayurvedic practitioners aimed at assessing their competence and sentiments over AI, their awareness of AI and its usage, and their perceived difficulties and limitations. The survey targeted over 50 individuals, with the majority of the participants being young (90%), and females (60%). About 38% reported being moderately familiar, and 6% were highly familiar with Ayurveda. However, 22% of participants reported that they had no idea about AI, while 12% reported they were very familiar with it. The challenges observed by the study were in the areas of privacy, data quality, and culture. The study brings out the need to escalate the adoption of AI among Ayurvedic professionals and the promotion of precise ways and means. The limitations include small sample size, respondent bias in self-completed questionnaires, and cross-sectional data collection. Future studies should involve a larger and more diverse sample, taking into consideration the change process of integrating AI in Ayurveda and developing culturally relevant AI programs. This would provide a broader understanding of how AI could complement Ayurveda.

**Keywords:** *ayurvedic, artificial intelligence (AI), integration*